

The Emotional Cycle of Deployment for Families



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! Disclaimer Info



keepkidshealthy.com

a Pediatrician's guide to your children's health and safety.

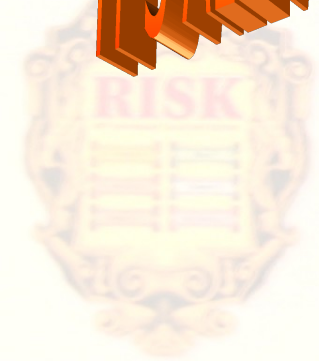




SOCIALIZATION

- “Little Savage” → upright citizen
- Process is neither smooth nor predictable
- We know that children are hard-wired to take in and accept social roles
- Intimate influence of parents and family
- Broader influence of peers and society, and the overall framework of culture

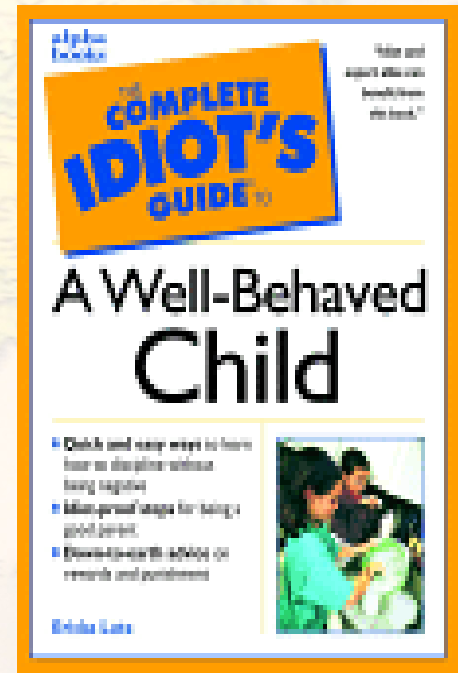
IT'S ALL ABOUT ME!!!





MORALITY

- Based on the mental ability to put oneself into the mind of another (empathy)
- Moral rules based on the notion that there is societal sort of structure to get along
- Children have the basics and then learn the rest by experience and instruction
 - What parents say and how they act is key



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BEHAVIOR IS TRANSLATED THROUGH LANGUAGE

IS SAID ABOUT ME!!!



- Children are designed to watch, absorb, and conform
- Kids try hard to be like everyone else
- We socialize to our own culture, ethnicity, class, religion, and gender
- Parents provide means to the socialization process
- This process is flexible, changeable, and not set in stone

Army Families, Army Strong:
A tribute to military spouses



Military Spouse Appreciation Day

BACKGROUND

Military families
are special.

Army Families, Army Strong:
A tribute to military spouses



Military Spouse Appreciation Day

The background of the slide is a faded world map. In the top left corner, there is a small military crest. In the bottom left corner, there is a larger military crest with the word "RISK" written in red across it. The title "Expectations and Impact of the Mission on Family Life" is centered in a large, bold, blue font.

Expectations and Impact of the Mission on Family Life

- Expectations of the military lifestyle
- Mission of the Army
- Coping with the impact of the mission on the family

U.S. Army Values

- **Loyalty**—Bear true faith and allegiance to the U.S. Constitution, the Army, your unit, and other soldiers.
- **Duty**—Fulfill your obligations.
- **Respect**—Treat people as they should be treated.
- **Selfless Service**—Put the welfare of the nation, the Army, and your subordinates before your own.
- **Honor**—Live up to all the Army values.
- **Integrity**—Do what's right, legally and morally.
- **Personal Courage**—Face fear, danger, and



Mission of the Army

- Preserve the peace and security, and provide for national defense
- Support national policies
- Implement national objectives
- Overcome any nations responsible for aggressive acts that imperil the peace and security of the United States

Active Army Demographics

- 483,452 Soldiers
- 54% married
- 10% of married Soldiers are dual military
- 8% are single parents
- 457,428 children
- Undergoing transformation



Deployments:

- Desert Storm
- Bosnia/Kosovo
- Afghanistan
- Iraq
- ??? with terrorists

HOOAH

Common Definitions of HOOAH!

- Refers to anything and everything except no
- What you say when at a loss for words
- Good, great, message received, acknowledged
- Nice to meet you
- I could care less who you are
- I don't know the answer but I'll check on it
- I do not agree with anything that was just said
- Please tell me you're kidding
- During very long PowerPoint Sessions...go to the next slide
- I don't know what that means, but I'm too embarrassed to ask
- Squared away (He's pretty Hooah!)
- Amen!

5 Stages of Emotional Cycle

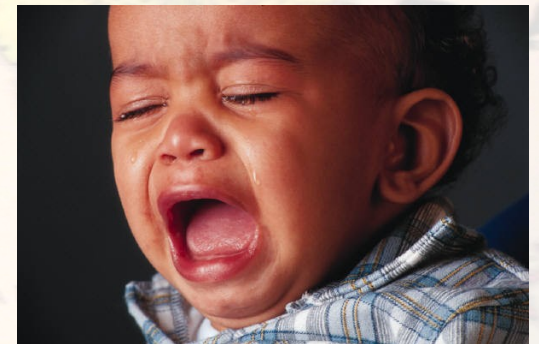
Characterized by time frame
and emotional challenges

1. Pre-deployment
2. Deployment
3. Sustainment
4. Re-deployment
5. Post-deployment



The Newer 7 Stages of Emotional Cycle

1. Anticipation of Departure
2. Detachment and Withdrawal
3. Emotional disorganization
4. Recovery and stabilization
5. Anticipation of Return
6. Return and Adjustment and Renegotiation
7. Reintegration and Stabilization



1. *Pre-deployment*



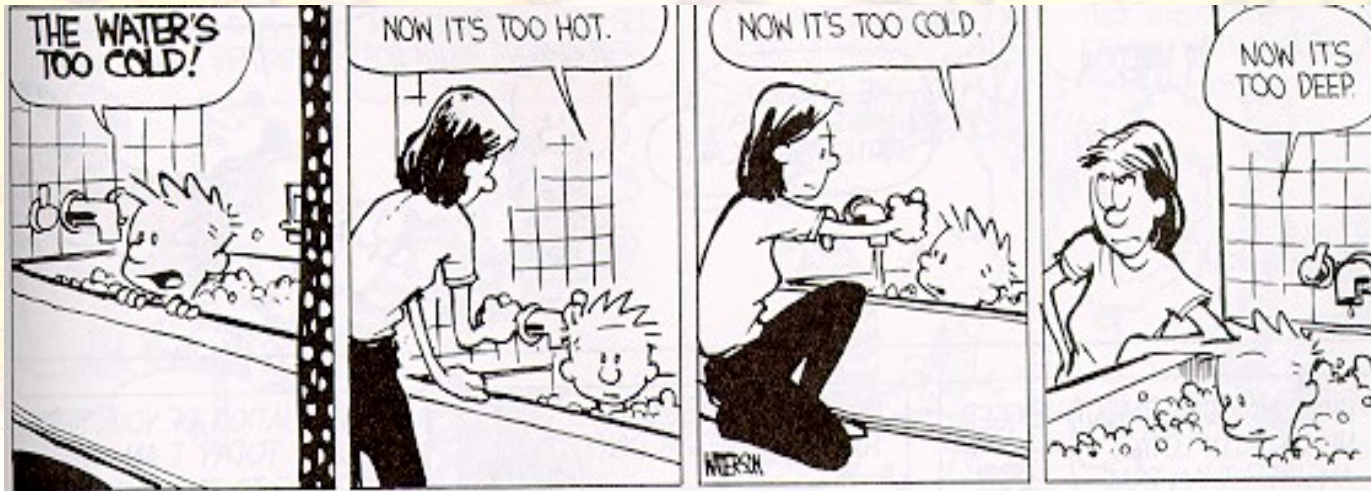
2. Deployment



3. Sustainment



Children during deployment



- Response individualized but depends on developmental stage
- *It is reasonable to assume that a sudden negative change in a child's behavior or mood is a predictable response to the stress of having a deployed parent*

Infants

- < 1 year
- Must be held and actively nurtured in order to thrive
- Behaviors: refuse to eat, listless
- ** *Early intervention becomes critical*
- Remedy: Support for parent
 - SWS, ACS, counseling



Toddlers

- 1-3 years
- Generally take their cue from the primary caregiver
- Behaviors: cries, tantrums, irritable, sad
- Remedy: increased attention, holding, hugs
 - ** Parent time important



Preschoolers

- 3-6 years
- Behaviors: potty accidents, clingy, irritable, sad, aggressive, somatic
 - Regression: Potty training, “baby talk”, thumb sucking, sleep
- Remedy: increased attention, holding, hugs, maintaining routines



School Age Children

- 6-12 years
- Behaviors: whines, body aches, become aggressive, “act out” their feelings
- Remedy: spend time, maintain routines
- *Expectations regarding school performance may need to be lowered*



Teenagers

- 13-18 years
- Behaviors: isolates, irritable, rebellious, fight, attention-getting behaviors
 - Increased risk for promiscuity, EtOH, drugs
- Remedy: patience, stay engaged, limit-setting, counseling
 - Additional responsibility in the family can help them feel important and needed



Pitfalls during deployment



- Over-interpreting arguments
- Hot topics/long distances
- Rumors/loss of trust
- Investment in date of return
- Not accepting changes in marriage
- **Children can cue off of the parent**



When should parents seek help?

- If they are unable to return to at least some part of their normal routine
- If they display serious problems over several weeks





Helpful HINTS

- Establish a base of support
- Make plan to break up the time
- E-mail/phone calls/letters
- Avoid overspending/alcohol
- “Single” parents need time without kids



4. *Re-Deployment*



5. Post Deployment



Children in post-deployment



- Infants – may not know the soldier and cry when held
- Toddlers – may be slow to warm up
- Pre-schoolers – may feel guilty and scared over the separation
- School age children – may want a lot of attention
- Teenagers – may be moody and appear not to care

Post deployment keys

(avoiding the cat and mouse game)



- Patient communication
- Going slow
 - Children's pace
- Lowering expectations
- Taking the time to get to know each other again



MILITARY FAMILY MONTH

November 2004

As we continue to fight the global war on terrorism, our soldiers can spend long periods of time away from their families. We are an Army at war, supporting a nation at war. Our young men and women serve willingly to preserve the freedoms for all Americans. Our Army has a tough mission and they need the support of husbands and wives, children and parents, brothers and sisters. Our families and communities are what make our Army and this country strong.

Sgt. Maj. of the Army Kenneth O. Preston



Parent-Child separation: A comparison of maternally and paternally separated children in military families.

- >110 military children
- Effects of mother absence on child's psychological functioning showed no significant difference than father's absence
- Children of AD mothers - more problems with peer-relationships, learning demands, expressive feelings ...



Children's response to parental separation during Operation Desert Storm

- > 383 children
- Children whose parents deployed had higher levels of child depression.
- Younger children more vulnerable.
- Boys were more likely than girls to experience increased sx's.
- Parents with deployed spouses had higher levels of depression/life stressors.

Relationships between father-absence and emotional disturbance in male military dependents **

- 27 males referred for tx; 30 matched males
- Mothers of children in emotionally disturbed group reported more emotional disturbances themselves
- Hypothesis by authors emphasizing the importance of the mother's ability to mediate the effects of the father's absence

Children's reactions to the Desert Storm deployment **

- > 1601 children
- Parent's sx's were significantly related to most child sx's
- Sadness and tearfulness common vs prior
- ... sibling comparisons



Father Absence in Military Families **

- >73 boys and >53 girls; 6th graders
- Boys - greater aggressiveness, irritability, depression, impulsiveness, less smart
- Girls - lower quantitative ability
- “Maternal dominance”

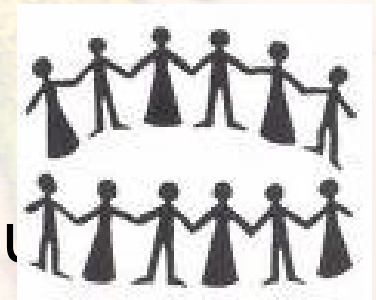


Paternal separation and the military dependent child **

- > 258 parents of children in peds clinic
- Of 100 families:
 - 66 reported a problems with at least one child
- Of 152 children from families:
 - 34% disciplinary problems
 - 19% phobias
 - 11% had fall in grades
 - Somatic complaints, poor self-image, and feeling of punishment not uncommon
- Of 97 families:
 - 38% reported readjustment problems when dad returned

Waiting wives: Separation and reunion among Army wives

- > 35 women
- Social support network important to adjust successfully
- Family support groups important for successful adjustment
- High separation adjustment = High reunion adjustment
- ** If woman reported good relationship with husband after reunion --> more satisfied with deployment



Father Absence: Effects on child and maternal psychopathology **

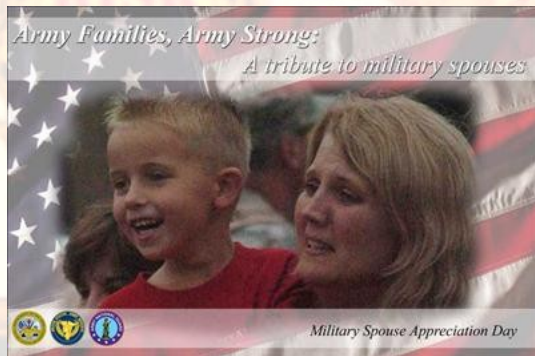
- > 213 families, >183 mothers, >166 fathers, >178 children, >169 teachers
- Father-absent children had higher levels of sx's of depression and anxiety
- Length of father absence was associated with child reported sx's of depression & anxiety
- ** Once maternal sx's and stress levels controlled, no significant effects of father absence were noted

Military Deployment and Child Maltreatment

- 1771 families of noncommissioned soldiers
- Overall rate of maltreatment was 42% higher during deployment
- Rate of moderate to severe maltreatment was 61% higher
- Neglect nearly 4 times among female civilian parents
- Rate of physical abuse 2 times higher

Examining the importance of organizational supports on family adjustment to Army life in a period of increasing separation

- > 532 soldiers
- Morale is strongest predictor of family adjustment









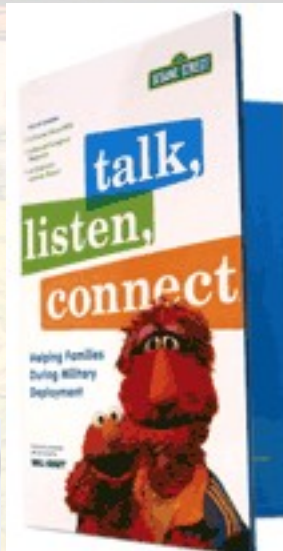
IT'S NOT FAIR!



RESOURCES FOR PARENTS



Military OneSource



Army Family Team Building



ARMY FRG



Family TLC

Tools to enhance the parent/child relationship



The Official Kids Portal for the U.S. Government

MyArmyLife^{too}.com



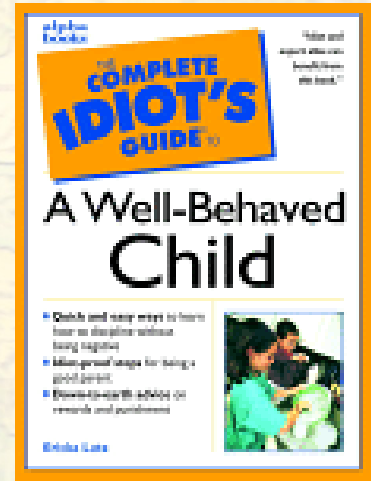
AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY



my HOOAH 4 HEALTH

Consequences of Missing the Problem

- Worsening condition
 - ADHD, school impairment
 - ODD, peer impairment
 - Conduct Disorder, negative identity formation
 - Antisocial Personality, societal impact
- \$\$ More costly/intensive treatment



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Challenges for Primary Care

- Screening
 - Anticipation, Listening for
- Determining the severity
 - Developmental variation
 - Behavioral problems
 - Behavioral disorders
- Treat or refer
 - Provider practice/skill, “Go-to” colleagues



INTERVENING

- 1st task = identify
 - observation
 - history from parents or child
 - screening tools
- Determining the severity:
 1. Developmental variation?
 2. Behavioral problems?
 3. Behavioral disorders?



“P.E.R.I.L.S.”



- **P**erception
- **E**xpectations
- **R**eactivity
- **I**nteraction
- **L**evel of development
- **S**urroundings

INTERVENING: ABC Model

A, B, C

- **A**ntecedent (stimulus)
- **B**ehavior (response)
- **C**onsequence
(parent's response)
- Parents assigned
homework ABC log

Follow Up: BEHAVIOR MANAGEMENT

- “What are advantages of it working this way?”
- “What are the disadvantages?”
- “How would you like to handle that?”
- find barriers parents have experienced
- identify supports parents can use
- discover triggers

A, B, C

DISCIPLINE

- most childhood behavioral problems can be thought of as failures of a system of discipline
- discipline = structure that an adult sets up for a child



DISCIPLINE

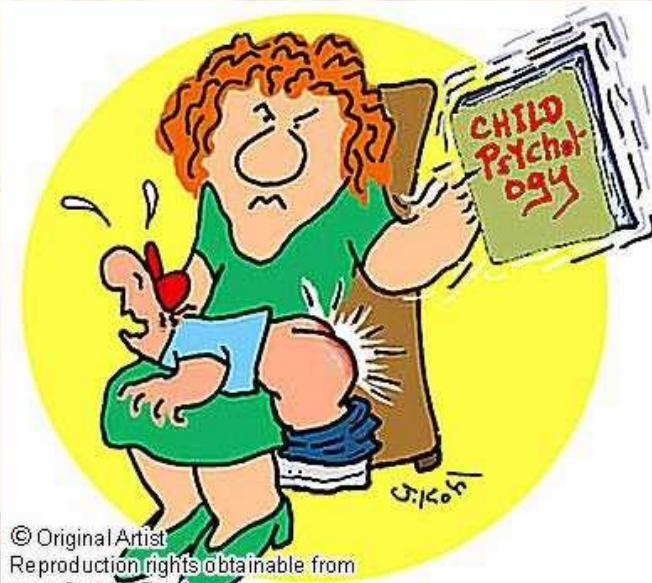


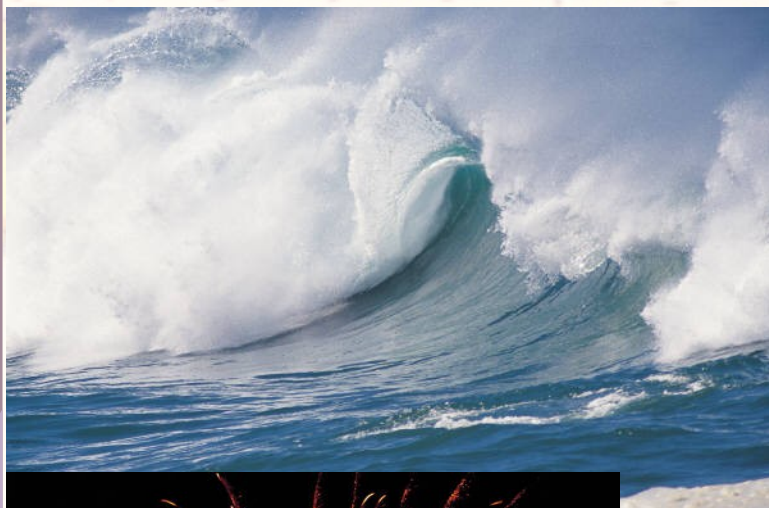
- Western: in general, is rather confusing because it is **not consistent**
 - Children are not told to be obedient in all things
 - Parents want them to be independent and free-minded at times but also obedient

DISCIPLINE

A.B.C.

- Most parents try lots of parenting techniques
- Success depends on:
 - the personality and temperament of the child
 - the developmental stage
 - the particular parental script
 - the nature of the family system
 - the perception of the child







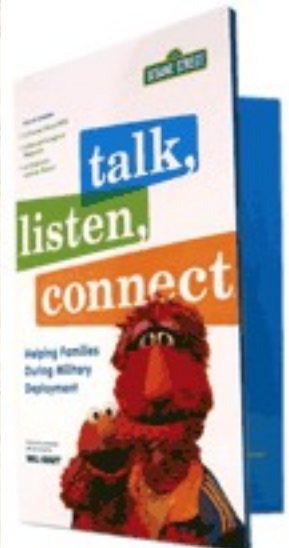
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THANK YOU!!!

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As we continue to fight the global war on terrorism, our soldiers can spend long periods of time away from their families. We are an Army at war, supporting a nation at war. Our young men and women serve willingly to preserve the freedoms for all Americans. Our Army has a tough mission and they need the support of husbands and wives, children and parents, brothers and sisters. Our families and communities are what make our Army and this country strong.

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